

**Host:** Good afternoon, dear viewers! Welcome back to another episode of *Great People*. I'm your host, Varnika, and today's story will leave you amazed and inspired. Imagine running 42 kilometers, not on a smooth track or through a bustling city, but across the scorching Sahara Desert. Sounds impossible? Well, not for Emily! She's a marathon runner with a story of grit, determination, and triumph.

**Emily:** Thank you. I am very pleased to be here on this great show. My journey is rare and difficult, but certainly not impossible. To do this there were many things to prepare for. One was having grit and a positive mindset towards the goal. Being able to believe in myself was very challenging, but every day I set a realistic goal that I can attempt to boost my confidence. This made me feel like I can do it and I can accomplish the impossible.

**Host:** That is amazing, could you please tell us how you managed walking and obstacles you came across?

**Emily:** One painful thing was getting many blisters. Since I had to walk for an insanely long period. My feet were aching and sweating. This was very uncomfortable but I knew I had to continue since at the end was victory and family who were cheering me on.

**Host:** That sounds really hard, I for sure know if I were in your position I would quit right away.

**Emily:** Another big obstacle is the scorching hot. Normally marathons take place on beaches or in cities. But running in a desert is completely different. In most places there is a cool breeze but when you are in the desert you don't even find water! So running with barely any water and almost no cool breeze was very challenging. Also since most of the Desert is full of steep, long and slippery hills it demandingly took lots of my energy away. It got harder and harder.

**Host:** That must have taken a toll on your mental health. You have told us lots about the day but what about night.

**Emily:** The night felt very different to the day. The shining bright sun was covered by the charming moon, the smart bright stars awakened smiling through the dark deep sky. Also the light coloured sand grains shifted to hiding in the dark. The biggest and weirdest difference was the weather. You know how I was saying how the weather is very hot, well at night I feel like I have been transported into another universe, by the way the universe is extremely cold. I still don't get it till this day how the burning hot scorching sun in the day transmits to the freezing brave night.

**Host:** Wow, this seems like a very crazy adventure. Not many people could do what you did, and what makes it really crazy is you winning the Guinness World record for running a marathon in the shortest amount of time in a desert. Well this wraps up today's episode of Great people, this is Varnika signing off bye!